

# Conference Schedule

## Conference Overview

Friday: 12:00-9:30pm. Registraton/ Information open from 12:00-7:00pm

Saturday: 6:30-6:30pm Registration information open 7:00-5:00pm

Sunday: 7:00-4:00pm Registration / information 7:00-11:00am

## Workshop Codes

C = Contemplative Track

AL = All Levels Track - Recommended for beginners

IA = Intermediate / Advanced Track

TT = Teachers Training Track

**PE** = Public Events

## Friday April 17, 2009

### 1:00-5:00pm

TT: Anatomy for Yoga with Carrie Gaynor

### 3:00-5:00pm

AL: Fire up Your Zest for Life with Jenny Kierstead

IA: Linking the Mundane and Spiritual with Jody Myers

AL: Yoga for Larger Bodies with Jean Short

C: The Yoga and Sound and Healing with Silver Frith

## Friday Night Events

5:15-6:15pm Annual General Meeting **PE** Sambro Room 1st floor.

6:00-7:00pm Dinner Break

7:00-8:00pm Keynote Address: Yoga with Compassion with Satpal

Kaur Sodhi **PE** Ballroom 3rd floor.

8:00-9:00pm Dancing with Megha **PE**

## Saturday April 18, 2009

### 6:30-8:00am

Mediation Class Teacher TBA **PE**

Yoga Class with Megha **PE**

### 8:00-9:00am

Breakfast Break

### 9:00-1:30pm

TT: Mentoring, Exploring and Breaking New Ground with Coeli Marsh

### 9:00-11:00am

IA: Apply Tensegrity with Carrie Gaynor

C: Ayurveda with Andrea Olivera

AL: Let Your Yoga Dance with Megha

### 11:00am

Break

### 11:30-1:30pm

IA: Backbends with Maxine Munro

AL: Moontides with Megha

C: Calm Your Monkey Mind with Satpal Kaur Sodhi

## Saturday April 18, 2009 continued...

1:30-3:00pm

Lunch

2:00 - 2:45

Panel Discussion. Shahr Rabi "Revolution of the Mind" **PE**

Ballroom 3rd floor.

3:00-5:00pm

AL: Vinyasa For Beginners with Coeli Marsh

IA: Doorways to the infinite: Koshas in Yoga Practica with Silver Frith

C: Yoga Nidra / Practical from 5:15-5:45pm everyone welcome with Philip Beck

TT: Yin Yoga of Quiet Practice with Stephanie Calhoun (Please bring pillow & blanket)

5:30-6:00pm

Ellen Agger "Social Fabric: Balancing Comfort and Conscience". **PE**

6:00-7:00pm

Dinner for Volunteers & presenters - Ballroom 3rd floor.

7:00- 8:00pm

Delegates buffet dinner

8:30-10:30pm

Saturday Night Celebration **PE** Ballroom 3rd floor.

## Sunday April 19, 2009

7:00-8:00am

Yoga Class with Robert Webber **PE**

Mediation Class with Coeli Marsh **PE**

9:00-11:00am

IA: Apply Tensegrity with Carrie Gaynor

C: Dialogue of Yoga with Joanna Manning

AL: Let Your Yoga Dance with Megha

11:00-12:30pm

Lunch

11:15 - 11:40

Presentations Jason Pelley "Perspective, Sustainability and Self" **PE**

Ballroom 3rd floor

12:30-2:30pm

AL: Vinyasa Intensive with Coeli Marsh

IA: Animistic Yoga with Maryse Thuot

C: Chakra Yoga & Meditation Workshop with Mande Labelle

3:00-4:00pm

**Additional Information** Closing Ceremony with Megha entitled "Giving Back, Moving Forward - in Grace" **PE**

The registration and Information desk is located in the main lobby of the hotel.

## Hours of Operation

Friday November 9, 2009: 5:00pm - 7:00pm

Saturday November 10, 2009: 7:00am - 5:00pm

Sunday November 11, 2009: 7:00am - 11:00am

Receive an extra 5% discount when a Teacher and 3 or more students sign-up together: Teachers promote and sign-up with your students and everyone will receive an extra 5% discount when registering as a group (email or mail in forms together).

(Discount also applies to the students of the presenting teachers)

Students ask your teacher. Please see the registration page for more information.